

Historic, Archive Document

Do not assume content reflects current scientific knowledge, policies, or practices.

ATX820
1536
1996



DEPARTMENT OF AGRICULTURE
OFFICE OF THE SECRETARY
WASHINGTON, D.C. 20250

USDA, National Agricultural Library
NAL Bldg
10301 Baltimore Blvd
Beltsville, MD 20705-2351

Dear Child Nutrition Director:

Creating innovative public and private partnerships that promote food choices for a healthful diet is the cornerstone of **USDA's Team Nutrition**. The American Culinary Federation has joined Team Nutrition to create new recipes that can help your schools meet the challenge of serving healthier meals with "kid appeal."

School food service professionals working in partnerships with chefs across the Nation to develop dynamic new menus for school lunches that surpass demands for nutrition, flavor, and costs--this was the goal of The School Lunch Challenge II, the American Culinary Federation National Championship competition. In the spirit of true partnerships, the competition featured a team in the kitchen: a school food service professional and a chef.

Last year, 93% of respondents completing our reader response card asked for additional recipes developed by school food service personnel working with chefs. We are pleased to send you the enclosed recipes from this year's competition. They have been developed for use in school settings and include the nutrition information needed for the different menu planning systems approved by USDA. You may want to provide the nutrition information to your students and their parents in your monthly or weekly menus.

We encourage you to consider inviting local chefs to work with you in developing recipe favorites for your students and in providing nutrition education activities. USDA's Great Nutrition Adventure Action Packet is a great resource for forging a partnership with volunteer chefs. The Action Packet also provides many ideas and suggestions for nutrition education activities. Please call your USDA regional office if you have not received a copy.

We again want to hear from you, so please complete the reader response form and return to USDA's Team Nutrition. If you have specific questions or comments, please contact our office at (703) 305-1609.

Sincerely,

U.S. DEPARTMENT OF AGRICULTURE
NATIONAL AGRICULTURAL LIBRARY

JAN 6 1997


Ellen Haas
Under Secretary for
Food, Nutrition, and Consumer Services

CATALOGING PREP.

Enclosures

The U.S. Department of Agriculture (USDA) prohibits discrimination in its programs on the basis of race, color, national origin, sex, religion, age, disability, political belief, and marital or family status. (Not all prohibited bases apply to all programs.) Persons with disabilities who require alternative means for communication of program information (braille, large print, audiotape, etc.) should contact the USDA Office of Communications at (202) 720-7808 (TDD). To file a complaint, write to the Secretary of Agriculture, U.S. Department of Agriculture, Washington, D.C. 20250, or call (202) 720-7237 (voice) or (202) 720-7808 (TDD). USDA is an equal employment opportunity employer.

WE NEED YOUR FEEDBACK!

 We want to know what you and your students think of the **School Lunch Challenge II Recipes**. Please complete this form and drop it in the mail. It becomes a self-mailer when you fold it with the Team Nutrition address on the outside and tape it closed.

1. Overall, please rate how your students liked the recipes.
_____ Great _____ Good _____ Didn't Like _____ Didn't Try Recipes
2. Please list your students' three most favorite recipes.
1. _____ 2. _____ 3. _____
3. Please list your students' three least favorite recipes.
1. _____ 2. _____ 3. _____
4. If you did not try some of the recipes, please tell us why not? (Check all that apply.)
_____ 1. Ingredients unavailable
_____ 2. Ingredients too expensive
_____ 3. Not appropriate for the tastes of our students
_____ 4. Other: _____
5. If you will not be using some of the recipes again, why not?

6. What type of schools used the recipes? _____ Elementary _____ Secondary
7. Do you like having the nutrition information? _____ Yes _____ No
8. Will you share the nutrition information with students and parents? _____ Yes _____ No
9. Is there anything else we should know about these recipes?

10. Is your school enrolled as a Team Nutrition School? _____ Yes _____ No. If no, check here _____ to receive information on becoming a Team Nutrition School.
11. Please send me _____ additional sets of the **School Lunch Challenge II Recipes**.

Name: _____

Address: _____

City: _____

State: _____ Zip: _____

USDA's Team Nutrition
3101 Park Center Drive, RM 802
Alexandria, VA 22302-1594



TAPE HERE



SCHOOL LUNCH CHALLENGE II



NO POSTAGE
NECESSARY
IF MAILED
IN THE
UNITED STATES

BUSINESS REPLY MAIL

FIRST-CLASS MAIL PERMIT NO. 12725 WASHINGTON, DC

POSTAGE WILL BE PAID BY FOOD AND CONSUMER SERVICE

USDA'S TEAM NUTRITION

FOOD AND CONSUMER SERVICE
3101 PARK CENTER DRIVE, RM 802
ALEXANDRIA, VA 22302-9903



MANDARIN ORANGE SALAD

NUTRIENTS PER SERVING

Calories	101
Protein	2 g
Carbohydrates	12 g
Total Fat	.4 g
Saturated Fat	.2 g
Cholesterol	1 mg
Vitamin A	82 RE/800 IU
Vitamin C	25 mg
Iron	.3 mg
Calcium	55 mg
Sodium	21 mg
Dietary Fiber	1 g



These recipes were developed for **The School Lunch Challenge II**, the 1995 American Culinary Federation National Championship.

Adjustments have been made by USDA for school use.

SALADS AND SALAD DRESSINGS

VEGETABLE/FRUIT

DIRECTIONS

1. Combine yogurt, honey, orange juice concentrate and cinnamon.
2. Toss lettuce with oranges until evenly blended.
3. Portion salad using a No. 8 scoop. Serve with 1 oz (2 Tbsp) dressing over each portion.

Serving: ½ cup	Yield:	50 servings:
Provides ½ cup of vegetable/fruit		7 lb 15 oz (salad)
		3 lb 3 oz (dressing)
		100 servings:
		15 lb 14 oz (salad)
		6 lb 6 oz (dressing)
		50 servings:
		1 gal 1 qt (salad)
		1 qt 2 cups (dressing)
		100 servings:
		2 gal 2 qt (salad)
		3 qt (dressing)

3 lb 3 oz (dressing)
15 lb 14 oz (salad)
6 lb 6 oz (dressing)
1 gal 1 qt (salad)
1 qt 2 cups (dressing)
2 gal 2 qt (salad)
3 qt (dressing)

15 lb 14 oz (salad)
6 lb 6 oz (dressing)
1 gal 1 qt (salad)
1 qt 2 cups (dressing)
2 gal 2 qt (salad)
3 qt (dressing)

1 gal 1 qt (salad)
1 qt 2 cups (dressing)
2 gal 2 qt (salad)
3 qt (dressing)

2 gal 2 qt (salad)
3 qt (dressing)

3 qt (dressing)

ORANGE CREAM DRESSING

NUTRIENTS PER SERVING

Calories	62
Protein	1 g
Carbohydrates	10 g
Total Fat	2.3 g
Saturated Fat	2.1 g
Cholesterol	1 mg
Vitamin A	3RE/16 IU
Vitamin C	4 mg
Iron	.1 mg
Calcium	24 mg
Sodium	21 mg
Dietary Fiber	0 g



These recipes were developed for **The School Lunch Challenge II**, the 1995 American Culinary Federation National Championship. Adjustments have been made by USDA for school use.

ORANGE CREAM DRESSING

INGREDIENTS		50 SERVINGS		100 SERVINGS		SERVINGS		DIRECTIONS	
	WEIGHT	MEASURE		WEIGHT	MEASURE		MEASURE		

Plain, lowfat yogurt	1 lb 7 oz	2½ cups	2 lb 14 oz	1 qt 1 cup				1. In a bowl, whisk together yogurt, sour cream, honey, orange juice concentrate, orange zest, and lemon juice until smooth. Refrigerate until served.	
Lowfat sour cream	1 lb 7 oz	2½ cups	2 lb 14 oz	1 qt 1 cup					
Honey	11 oz	1 cup	1 lb 6 oz	2 cups					
Frozen orange juice concentrate, thawed		½ cup		1 cup					
Orange zest, grated		3 Tbsp		¼ cup 2 Tbsp				2. Serve 1 oz (2 Tbsp) dressing as a portion.	
Lemon juice		¼ cup		½ cup					

Serving: 2 Tbsp

Yield: 50 servings: 4 lb 8 oz
100 servings: 9 lb

Volume: 50 servings: 1 qt 2¼ cups
100 servings: 3 qt ½ cup

Special Tip: An alternate dressing for Mandarin Orange Salad.

NOTES

GARDEN SALAD

NUTRIENTS PER SERVING

Calories	19
Protein	1 g
Carbohydrates	4 g
Total Fat	.2 g
Saturated Fat	0 g
Cholesterol	0 mg
Vitamin A	574 RE/5738 IU
Vitamin C	11 mg
Iron	.7 mg
Calcium	26 mg
Sodium	19 mg
Dietary Fiber	2 g

These recipes were developed for **The School Lunch Challenge II**, the 1995 American Culinary Federation National Championship.

Adjustments have been made by USDA for school use.



GARDEN SALAD

SALADS AND SALAD DRESSINGS

VEGETABLE

INGREDIENTS	50 SERVINGS		100 SERVINGS		SERVINGS	DIRECTIONS	
	WEIGHT	MEASURE	WEIGHT	MEASURE		WEIGHT	MEASURE
Lettuce salad mix, pre-cut	3 lb 10 oz	3 gal 2 qt	7 lb 4 oz	7 gal	1	1. Combine lettuce and spinach in a mixing bowl. 2. Toss tomatoes, carrots, and cucumbers with the lettuce mixture. 3. Portion salad using a No. 8 scoop (½ cup).	
Spinach, chopped	1 lb 4 oz	1 gal 2 qt	2 lb 8 oz	3 gal			
Fresh tomatoes, ½" diced	1 lb 12 oz 1 qt 1 cup	3 lb 8 oz	2 qt 2 cups				
Fresh carrots, peeled, ⅛" sliced	1 lb 12 oz 1 qt 2 cups	3 lb 8 oz	3 qt				
Fresh cucumbers, peeled, ½" diced	1 lb 4 oz 1 qt	2 lb 8 oz	2 qt				

Serving: ½ cup	Yield:	50 servings:	9 lb 10 oz
Provides ½ cup of vegetable		100 servings:	19 lb 4 oz
	Volume:	50 servings:	4 gal 2 qt
		100 servings:	9 gal

Special Tip: A good dressing for this salad is Oriental Dressing.

NOTES

ORIENTAL DRESSING

NUTRIENTS PER SERVING

Calories	84
Protein	0 g
Carbohydrates	16 g
Total Fat	2.9 g
Saturated Fat	.4 g
Cholesterol	0 mg
Vitamin A	1 RE/2 IU
Vitamin C	0 mg
Iron	.1 mg
Calcium	2 mg
Sodium	91 mg
Dietary Fiber	0 g



These recipes were developed for **The School Lunch Challenge II**, the 1995 American Culinary Federation National Championship.

Adjustments have been made by USDA for school use.

ORIENTAL DRESSING

SALADS AND SALAD DRESSINGS

INGREDIENTS

50 SERVINGS

100 SERVINGS

SERVINGS

DIRECTIONS

	WEIGHT	MEASURE	WEIGHT	MEASURE	WEIGHT	MEASURE
Chicken stock		2½ cups		1 qt 1 cup		
Cornstarch		2 Tbsp	1½ tsp	¼ cup 1 Tbsp		
Vinegar		½ cup 2 Tbsp		1¼ cups		
Vegetable oil		½ cup 2 Tbsp		1¼ cups		
Low-sodium soy sauce		2 Tbsp	1½ tsp	¼ cup 1 Tbsp		
Honey	2 lb 4 oz	3 cups	4 lb 8 oz	1 qt 2 cups		
Sesame oil		1 Tbsp 2 tsp		3 Tbsp 1 tsp		
Granulated garlic		¾ tsp		1½ tsp		
Ground ginger		1¼ tsp		2½ tsp		

Serving: 2 Tbsp

Yield: 50 servings: 3 lb 15 oz

100 servings: 7 lb 14 oz

Volume: 50 servings: 1 qt 3 cups

100 servings: 3 qt 2 cups

1. Dissolve cornstarch in chicken stock.

2. Combine cornstarch blend, vinegar, vegetable oil, soy sauce, honey, sesame oil, garlic and ground ginger and bring to a simmer over medium heat, whisking continuously until thickened.

3. Remove from heat and refrigerate for 1 hour.

4. Serve 1 oz (2 Tbsp) dressing as a portion.

Special Tip: A good dressing for Garden Salad.

NOTES

CHUNKY TYPHOON DIP

NUTRIENTS PER SERVING

Calories	130
Protein	4 g
Carbohydrates	10 g
Total Fat	9 g
Saturated Fat	2.2 g
Cholesterol	3 mg
Vitamin A	15 RE/90 IU
Vitamin C	3 mg
Iron	.5 mg
Calcium	29 mg
Sodium	135 mg
Dietary Fiber	2 g

These recipes were developed for **The School Lunch Challenge II**, the 1995 American Culinary Federation National Championship.

Adjustments have been made by USDA for school use.



MACARONI CARBONARA

MAIN DISHES

MEAT, VEGETABLE, GRAINS/BREADS

INGREDIENTS

50 SERVINGS

100 SERVINGS

SERVINGS

DIRECTIONS

	WEIGHT	MEASURE	WEIGHT	MEASURE	WEIGHT	MEASURE
Macaroni	2 lb 10 oz	2 qt 1 cup	5 lb 4 oz	1 gal 2 cups		
Margarine or butter	1 lb	2 cups	2 lb	1 qt		
Flour	10 oz	2 cups	1 lb 4 oz	1 qt		
Milk		1 gal 2 qt		3 gal		
White pepper		2 tsp		1 Tbsp 1 tsp		
Granulated garlic		1 tsp		2 tsp		
Dry mustard		½ tsp		1 tsp		
Curry powder		½ tsp		1 tsp		
Chicken base	2 oz	3 Tbsp	4 oz	¼ cup 2 Tbsp		
Frozen peas	2 lb 8 oz	2 qt 1 cup	5 lb	1 gal 2 cups		
Lowfat ham, julienned	3 lb 2 oz	2 qt 2 cups	6 lb 4 oz	5 qt		
Lowfat cheddar cheese, grated	1 lb 9 oz	1 qt 2¼ cups	3 lb 2 oz	3 qt ½ cup		
Canned mushrooms, sliced (optional)	2 lb 3 oz		4 lb 6 oz			
or						
Fresh mushrooms, sliced (optional)	4 lb 6 oz		8 lb 12 oz			
Lowfat cheddar cheese, grated	1 lb 10 oz	1 qt 2½ cups	3 lb 4 oz	3 qt 1 cup		
Dry bread crumbs	1 lb	3½ cups	2 lb	1 qt 3 cups		

Serving: 1 cup

Provides the equivalent of 2 oz of cooked

lean meat, ⅓ cup of vegetable and 1¼ servings

of grains/breads

Yield:

50 servings: 28 lb 6 oz

100 servings: 56 lb 12 oz

Volume:

50 servings: 3 gal 3 cups

100 servings: 6 gal 1 qt 2 cups

1. Cook macaroni in boiling water until tender, about 8 minutes. Rinse with cold water to stop the cooking process.
2. Heat margarine or butter until melted. Add flour and whisk to blend. Turn off heat.
3. Heat milk, pepper, garlic, mustard, curry powder and chicken base to a simmer over low heat.
4. Add margarine and flour mixture (roux) and simmer for 5 minutes.
5. Add peas, ham, cheddar cheese, and mushrooms (optional) to the milk mixture. Stir to blend.
6. Add drained macaroni and stir to blend.
7. Pour 1 gal 2 qt 3 cups (14 lb 3 oz) into each 12" x 20" x 2½" steam table pan.
8. Mix cheese and bread crumbs together. Top each pan with 1 lb 5 oz (1 qt 1 cup).
9. Bake in a 350°F conventional oven for 30 minutes or a 325°F convection oven for 25 minutes until bubbling.
10. Score each pan 5x5 for 25 servings.

NOTES

SPICY HAITIAN MEATBALL STEW

NUTRIENTS PER SERVING

Calories	330
Protein	21 g
Carbohydrates	36 g
Total Fat	11.9 g
Saturated Fat	3.9 g
Cholesterol	69 mg
Vitamin A	1244 RE/12391 IU
Vitamin C	20 mg
Iron	3.1 mg
Calcium	84 mg
Sodium	636 mg
Dietary Fiber	6 g

These recipes were developed for **The School Lunch Challenge II**, the 1995 American Culinary Federation National Championship. Adjustments have been made by USDA for school use.



SPICY HAITIAN MEATBALL STEW

MAIN DISHES
MEAT, VEGETABLE

INGREDIENTS

50 SERVINGS

100 SERVINGS

SERVINGS

DIRECTIONS

	WEIGHT	MEASURE	WEIGHT	MEASURE	WEIGHT	MEASURE
Fresh, unpeeled potatoes, 1" diced	7 lb 8 oz	1 gal 2 qt	15 lb	3 gal		
Fresh carrots, ½" slices <i>or</i>	5 lb 4 oz	1 gal 1 qt 2 cups	10 lb 8 oz	2 gal 3 qt		
Frozen sliced carrots	5 lb 4 oz	1 gal 1 qt	10 lb 8 oz	2 gal 2 qt		
Fresh turnips, peeled, 1" diced (optional)	5 lb	1 gal	10 lb	2 gal		
Vegetable oil		1 Tbsp		2 Tbsp		
Onions, minced <i>or</i>	2 lb 5 oz	1 qt	4 lb 10 oz	2 qt		
Dried onions		½ cup		1 cup		
Vegetarian beans in tomato sauce	4 lb 6 oz	2 qt	8 lb 12 oz	1 gal		
Beef stock		3 qt		1 gal 2 qt		
White pepper		1 tsp		2 tsp		
Ground cinnamon		½ tsp		1 tsp		
Ground cumin		½ tsp		1 tsp		
Granulated garlic		2 Tbsp		¼ cup		
+Cooked beef meatballs		100 each		200 each		

Serving: 2 meatballs with 1½ cups of stew
Yield: 50 servings: 24 lb 7 oz (vegetables/sauce)
100 servings: 48 lb 14 oz (vegetables/sauce)
Provides 2 oz of cooked lean meat
Volume: 50 servings: 2 gal 1 qt 2 cups (vegetables/sauce)
and ¾ cup of vegetable
100 servings: 4 gal 3 qt (vegetables/sauce)

+Use Meatballs (D-27a, Quantity Recipes for School Food Service, PA 1371) or a product which provides the equivalent of 2 oz of cooked lean meat.

1. Place 3 lb 12 oz (3 qt) of potatoes, 2 lb 10 oz (2 qt 3 cups) of carrots and 2 lb 8 oz (2 qt) of turnips (optional) in each steam table pan (12" x 20" x 4"). Steam for 20 minutes until tender.
2. Cook onions in oil until tender, about 3 minutes. Add beans, beef stock, pepper, cinnamon, cumin, and garlic and bring to a boil over medium heat. Reduce heat to low and simmer for 5 minutes.
3. Ladle 3 qt (6 lb 6 oz) of sauce over each pan of vegetables.
4. Add 50 cooked meatballs to each pan and stir to blend.
5. Cover and bake at 350° until meatballs reach an internal temperature of 165°F.
6. Portion 2 meatballs and 1½ x 8 oz ladle.

NOTES

CAJUN SAUSAGE AND TURKEY JAMBALAYA

NUTRIENTS PER SERVING

Calories	278
Protein	22 g
Carbohydrates	23 g
Total Fat	10.1 g
Saturated Fat	2.6 g
Cholesterol	93 mg
Vitamin A	10 RE/100 IU
Vitamin C	7 mg
Iron	2.9 mg
Calcium	93 mg
Sodium	709 mg
Dietary Fiber	1 g

These recipes were developed for **The School Lunch Challenge II**, the 1995 American Culinary Federation National Championship. Adjustments have been made by USDA for school use.



CAJUN SAUSAGE AND TURKEY JAMBALAYA

MAIN DISHES
MEAT, VEGETABLE, GRAINS/BREADS

INGREDIENTS		50 SERVINGS		100 SERVINGS		SERVINGS		DIRECTIONS	
		WEIGHT	MEASURE	WEIGHT	MEASURE	WEIGHT	MEASURE		
Raw ground turkey		4 lb 15 oz		9 lb 14 oz				1. Brown turkey until no signs of pink remain. Drain fat and discard.	
Raw turkey, ½" cubes	or	4 lb 15 oz		9 lb 14 oz					
Raw turkey or pork smoked sausage ropes, 1½" in diameter, sliced ¼" thick		6 lb 6 oz		12 lb 12 oz				2. Add sausage, onions, peppers, and celery and simmer over low heat until vegetables are tender, about 10 minutes.	
Onions, minced		1 lb 4 oz	3½ cups	2 lb 8 oz	1 qt 3 cups			3. Add water, gravy coloring, red pepper, black pepper, garlic, salt and parsley flakes. Heat to boiling, reduce heat, and cook for 5 minutes.	
Dried onions	or		¼ cup		½ cup				
Fresh green peppers, ½" diced		14 oz	3 cups	1 lb 12 oz	1 qt 2 cups			4. Stir in rice, bring to a boil again. Cover and reduce heat to low. Stir after 15 minutes, cook 15 more minutes.	
Fresh celery, chopped		1 lb	3½ cups	2 lb	1 qt 3 cups			5. Portion using a No. 6 scoop.	
Water			3 qt		1 gal 2 qt				
Gravy coloring			¼ cup		½ cup				
Ground red pepper			2 tsp		1 Tbsp 1 tsp				
Black pepper			1 tsp		2 tsp				
Granulated garlic			2 Tbsp		¼ cup				
Salt			2 tsp		1 Tbsp 1 tsp				
Dried parsley flakes			2 Tbsp		¼ cup				
White rice		2 lb 14 oz	1 qt 2 cups	5 lb 12 oz	3 qt				

Serving: ¾ cup
Provides 2 oz of lean cooked meat,
⅓ cup of vegetable and
1 serving of grains/breads

Yield: 50 servings: 20 lb 5 oz
100 servings: 40 lb 10 oz

Volume: 50 servings: 2 gal 3 qt 2 cups
100 servings: 5 gal 3 qts

NOTES

STAGECOACH SPAGHETTI

NUTRIENTS PER SERVING

Calories	165
Protein	11 g
Carbohydrates	20 g
Total Fat	4.4 g
Saturated Fat	1.3 g
Cholesterol	35 mg
Vitamin A	39 RE/372 IU
Vitamin C	9 mg
Iron	1.8 mg
Calcium	43 mg
Sodium	216 mg
Dietary Fiber	2 g

These recipes were developed for **The School Lunch Challenge II**, the 1995 American Culinary Federation National Championship. Adjustments have been made by USDA for school use.



STAGECOACH SPAGHETTI

MAIN DISHES

MEAT, VEGETABLE, GRAINS/BREADS

INGREDIENTS		50 SERVINGS		100 SERVINGS		SERVINGS	
		WEIGHT	MEASURE	WEIGHT	MEASURE	WEIGHT	MEASURE
Onions diced		15 oz	2 cups	1 lb 14 oz	1 qt		
or							
Dried onions			2 Tbsp		¼ cup		
Ground turkey		4 lb 12 oz		9 lb 8 oz			
Canned diced tomatoes		6 lb 8 oz	3 qt	13 lb	1 gal 2 qt		
Dried oregano leaf			1 tsp		2 tsp		
Dried thyme leaf			1 tsp		2 tsp		
Dried basil leaf			1 Tbsp		2 Tbsp		
Salt			1 ½ tsp		1 Tbsp		
Black pepper			¾ tsp		1 ½ tsp		
Granulated garlic			2 tsp		1 Tbsp 1 tsp		
Wagonwheel pasta		2 lb 10 oz	3 qt	5 lb 4 oz	1 gal 2qt		
Parmesan cheese, grated		2 oz	½ cup	4 oz	1 cup		

Serving: ⅔ cup
Provides 1 oz of cooked poultry,
¼ cup of vegetable, and
1 serving of grains/breads

Yield: **50 servings:** 15 lb 9 oz
 100 servings: 31 lb 2 oz

Volume: **50 servings:** 2 gal
 100 servings: 4 gal

1. Saute onions and turkey until no signs of pink remain. Drain fat and return to heat.
2. Add diced tomatoes, oregano, thyme, basil, salt, pepper and garlic to turkey mixture and simmer, covered, for one hour over low heat, stirring occasionally.
3. Cook pasta in boiling water until tender-firm, about 8 minutes. Drain.
4. Add drained, cooked pasta and parmesan to turkey mixture and blend. Heat to 165°F. Portion using a No. 6 scoop, (⅔ cup).

NOTES

KUNG FU SWEET AND SOUR BEEF STEW

NUTRIENTS PER SERVING

Calories	794
Protein	40 g
Carbohydrates	114 g
Total Fat	19.4 g
Saturated Fat	6.6 g
Cholesterol	186 mg
Vitamin A	1430 RE/14160 IU
Vitamin C	20 mg
Iron	8 mg
Calcium	102 mg
Sodium	962 mg
Dietary Fiber	6 g

These recipes were developed for **The School Lunch Challenge II**, the 1995 American Culinary Federation National Championship. Adjustments have been made by USDA for school use.



KUNG FU SWEET SOUR BEEF STEW OVER NOODLES

MAIN DISHES
MEAT, VEGETABLE, GRAINS/BREADS

INGREDIENTS		50 SERVINGS		100 SERVINGS		SERVINGS		DIRECTIONS	
	WEIGHT	MEASURE	WEIGHT	MEASURE	WEIGHT	MEASURE			
Boneless beef stew meat, cubed	11 lb 4 oz	1 gal 2 qt	22 lb 8 oz	3 gal				1. Brown beef cubes until no signs of pink remain. Drain fat and return to heat.	
Fresh carrots, sliced	5 lb 14 oz	2 gal	11 lb 12 oz	4 gal				2. Add carrots, onions, crushed tomatoes, tomato paste, brown sugar, vinegar, Worcestershire sauce, salt, and beef stock to cooked beef. Simmer, covered, over low heat for 90 minutes, stirring occasionally, until vegetables are tender.	
Frozen sliced carrots, thawed	5 lb 14 oz	1 gal	11 lb 12 oz	2 gal					
Onions, minced	3 lb 8 oz	1 qt 3 cups	7 lb	3 qt 2 cups					
Dried onions		1 cup		2 cups					
Canned crushed tomatoes	6 lb	2 qt 2 cups	12 lb	1 gal 1 qt					
Tomato paste	1 lb 2 oz	2 cups	2 lb 4 oz	1 qt					
Brown sugar, packed	1 lb	2 cups	2 lb	1 qt				3. Cook noodles in boiling water until done, about 6 minutes.	
White vinegar		1½ cups		3 cups					
Worcestershire sauce		2 cups		1 qt				4. Using an 8 oz ladle, portion stew over 1 cup (4 oz) noodles.	
Salt		¼ cup		½ cup					
Beef stock		1 qt		2 qt					
Noodles	5 lb	1 gal 3 qt 2 cups 10 lb	3 gal 2 qt						

Serving: 1 cup stew over 1 cup of noodles **Yield:** **50 servings:** 39 lb 12 oz
Provides 2 oz of cooked lean meat. **100 servings:** 79 lb 8 oz

¾ cup of vegetable and 2 servings of grains/breads

Special Tip: Use smaller portion for younger children.

NOTES

DIRTY POTATOES

NUTRIENTS PER SERVING

Calories	152
Protein	2 g
Carbohydrates	24 g
Total Fat	5.7 g
Saturated Fat	2.7 g
Cholesterol	0 mg
Vitamin A	45 RE/452 IU
Vitamin C	7 mg
Iron	1.3 mg
Calcium	11 mg
Sodium	174 mg
Dietary Fiber	2 g



These recipes were developed for **The School Lunch Challenge II**, the 1995 American Culinary Federation National Championship. Adjustments have been made by USDA for school use.

DIRTY POTATOES

VEGETABLES
VEGETABLE

INGREDIENTS		50 SERVINGS		100 SERVINGS		SERVINGS		DIRECTIONS	
	WEIGHT	MEASURE		WEIGHT	MEASURE		MEASURE		
Onion powder		1 Tbsp			2 Tbsp			1. Combine all seasonings.	
Salt		1 Tbsp			2 Tbsp				
Paprika	1 oz	¼ cup		2 oz	½ cup			2. Toss 3 lb 12 oz of french fries with ½ cup of seasoning mix. Spread seasoned fries on each sheet pan (18" x 26" x 1").	
Chili powder		2 Tbsp			¼ cup				
Black pepper		1½ tsp			1 Tbsp			3. Bake in a 450°F conventional oven for 25 minutes or a 400°F convection oven for 25 minutes.	
Italian seasoning		1 Tbsp 2 tsp			3 Tbsp 1 tsp				
Dried parsley leaf		1 Tbsp			2 Tbsp			4. Portion potatoes using a No. 8 scoop (½ cup).	
Frozen crinkle-cut french fries	7 lb 8 oz	2 gal		15 lb	4 gal				
Serving: ½ cup								Provides ½ cup of vegetable	

Special Tip: If no commercial Italian Seasoning is available, use Italian Seasoning Mix (G-1) from Quantity Recipes for School Food Service, PA 1371.

NOTES

GOLDEN CORN AND CARROTS

NUTRIENTS PER SERVING

Calories	55
Protein	2 g
Carbohydrates	13 g
Total Fat	.4 g
Saturated Fat	.1 g
Cholesterol	0 mg
Vitamin A	1097 RE/10970 IU
Vitamin C	5 mg
Iron	.4 mg
Calcium	14 mg
Sodium	40 mg
Dietary Fiber	2 g

These recipes were developed for **The School Lunch Challenge II**, the 1995 American Culinary Federation National Championship.

Adjustments have been made by USDA for school use.



GOLDEN CORN AND CARROTS

VEGETABLES
VEGETABLE

INGREDIENTS

50 SERVINGS

100 SERVINGS

SERVINGS

DIRECTIONS

	WEIGHT	MEASURE	WEIGHT	MEASURE	WEIGHT	MEASURE
Frozen corn	4 lb 10 oz	1 gal	9 lb 4 oz	2 gal		
Fresh carrots, peeled and sliced $\frac{1}{8}$ "	4 lb 12 oz	1 gal	9 lb 8 oz	2 gal		
Dried parsley		2 Tbsp		$\frac{1}{2}$ cup		
Onion salt		1 tsp		2 tsp		

Serving: $\frac{1}{2}$ cup

Provides $\frac{1}{2}$ cup of vegetable

Yield: 50 servings: 9 lb
100 servings: 18 lb
Volume: 50 servings: 1 gal 2 qt
100 servings: 3 gal

1. Place 4 lb 10 oz (1 gal) corn in each steam table pan (12" x 20" x 2 $\frac{1}{2}$ "). Cover with plastic wrap and foil. Steam for 18 minutes until tender.

2. Place 4 lb 12 oz (1 gal) carrots in each steam table pan (12" x 20" x 2 $\frac{1}{2}$ "). Cover with plastic wrap and foil. Steam for 30 minutes until tender.

3. Combine $\frac{1}{2}$ pan of cooked corn and $\frac{1}{2}$ pan of cooked carrots in each steam table pan (12" x 20" x 2 $\frac{1}{2}$ ") and stir to blend.

4. Mix the parsley and onion salt.

5. Sprinkle 2 Tbsp of seasoning mixture over each pan of vegetables and stir to coat evenly.

6. Portion using a No. 8 scoop.

NOTES

SPICY ITALIAN ROAST POTATO CHUNKS

NUTRIENTS PER SERVING

Calories	153
Protein	3 g
Carbohydrates	31 g
Total Fat	2.3 g
Saturated Fat	.4 g
Cholesterol	0 mg
Vitamin A	5 RE/51 IU
Vitamin C	16 mg
Iron	1.7 mg
Calcium	13 mg
Sodium	10 mg
Dietary Fiber	3 g

These recipes were developed for **The School Lunch Challenge II**, the 1995 American Culinary Federation National Championship.

Adjustments have been made by USDA for school use.



SPICY ITALIAN ROAST POTATO CHUNKS

VEGETABLES
VEGETABLE

INGREDIENTS		50 SERVINGS		100 SERVINGS		SERVINGS		DIRECTIONS	
	WEIGHT	MEASURE	WEIGHT	MEASURE	WEIGHT	MEASURE			
Baking potatoes, 80 count	16 lb 11 oz	25 80-count	33 lb 6 oz	50 80-count				1. Wash potatoes and cut into bite-sized chunks, skin on.	
Vegetable oil		1/2 cup		1 cup					
Olive oil		1/2 cup		1 cup				2. Toss potatoes with oil to lightly coat surface. Spread 8 lb 6 oz (1 gal 2 qt 2 cups) of pieces evenly over each sheet pan (18" x 26" x 1").	
White pepper		1 Tbsp 1 tsp		2 Tbsp 2 tsp					
Granulated garlic		2 Tbsp		1/4 cup					
Paprika		2 Tbsp		1/4 cup					

Serving: 1/2 cup potatoes (with skin)
Provides 1/2 cup of vegetable

Yield: 50 servings: 13 lb 6 oz
100 servings: 23 lb 12 oz

- 3. Combine white pepper, garlic, and paprika.
- 4. Sprinkle 2 1/2 Tbsp of seasoning mix over each sheet tray of potatoes.
- 5. Bake in a 450°F conventional oven for 20 minutes or a 400°F convection oven for 20 minutes.
- 6. Portion potatoes using a No. 8 scoop (1/2 cup).

NOTES

FRUIT PAN DOWDY

NUTRIENTS PER SERVING

Calories	187
Protein	4 g
Carbohydrates	42 g
Total Fat	.6 g
Saturated Fat	.2 g
Cholesterol	14 mg
Vitamin A	25 RE/205 IU
Vitamin C	1 mg
Iron	1.6 mg
Calcium	16 mg
Sodium	376 mg
Dietary Fiber	1 g



These recipes were developed for **The School Lunch Challenge II**, the 1995 American Culinary Federation National Championship. Adjustments have been made by USDA for school use

FRUIT PAN DOWDY

DESSERTS
FRUIT

INGREDIENTS	50 SERVINGS	100 SERVINGS	SERVINGS	DIRECTIONS
-------------	-------------	--------------	----------	------------

	WEIGHT	MEASURE	WEIGHT	MEASURE	WEIGHT	MEASURE
Canned, sliced peaches <i>or</i>	7 lb 2 oz	3 qt 3 cups	14 lb 4 oz	1 gal 3 qt	2 cups	
Canned, mixed fruit	7 lb 2 oz	3 qt 3 cups	14 lb 4 oz	1 gal 3 qt	2 cups	
All-purpose flour	3 lb	2 qt 1½ cups	6 lb	1 gal 3 cups		
Baking soda		3 Tbsp		¼ cup 2 Tbsp		
Salt		1 Tbsp		2 Tbsp		
Sugar	1 lb 1 oz	2¼ cups	2 lb 2 oz	1 qt ½ cup		
Frozen whole eggs, thawed <i>or</i>	6 oz	¾ cup	12 oz	1½ cups		
Fresh large eggs		3 each		6 each		
Reserved juice from peaches		1½ cups		3 cups		
Water		1 qt ½ cup		2 qt 1 cup		
Brown sugar	8 oz	1 cup	1 lb	2 cups		
Ground cinnamon		1 Tbsp		2 Tbsp		

- Serving: 1 piece
Provides ⅓ cup of fruit

Yield:

50 servings: 12 lb 6 oz
100 servings: 24 lb 12 oz
1. Drain peach slices and reserve juice. Set aside.
 2. Using the paddle attachment, blend flour, baking soda, salt, and sugar at low speed for 30 seconds.
 3. Whisk eggs until smooth. Add eggs, reserved juice, and water to dry ingredients and mix at low speed for 1 minute. Scrape sides of bowl and mix at medium speed for 1 minute.
 4. Spread 3 lb 12 oz (1 qt 2 cups) of batter in each lightly greased steam table pan (12" x 20" x 2½").
 5. Distribute 3 lb 9 oz (1 qt 3½ cups) of peaches evenly over each pan of batter. Blend brown sugar and cinnamon. Sprinkle ½ cup (4 oz) evenly over each pan.
 6. Blend brown sugar and cinnamon. Sprinkle ½ cup (4 oz) evenly over each pan.
 7. Bake in a 350°F conventional oven for 50 minutes or a 325°F convection oven for 50 minutes.
 8. Cut each pan into 25 portions (5x5).

NOTES

SUPER CHERRY TIRAMISU

NUTRIENTS PER SERVING

Calories	138
Protein	3 g
Carbohydrates	30 g
Total Fat	1.3 g
Saturated Fat	1.0 g
Cholesterol	0 mg
Vitamin A	21 RE/149 IU
Vitamin C	1 mg
Iron	.3 mg
Calcium	45 mg
Sodium	133 mg
Dietary Fiber	1 g

These recipes were developed for **The School Lunch Challenge II**, the 1995 American Culinary Federation National Championship.

Adjustments have been made by USDA for school use.



DESSERTS

FRUIT

INGREDIENTS	50 SERVINGS	100 SERVINGS	SERVINGS	DIRECTIONS
	WEIGHT	MEASURE	WEIGHT	MEASURE
Angel food cake mix	1 lb 12 oz	2 boxes	3 lb 8 oz	4 boxes
Frozen sweetened cherries, thawed, drained, chopped	6 lb 8 oz	3 qt 2 cups	13 lb	1 gal 3 qt
Nondairy whipped topping base	2 lb 3 oz	1 qt	4 lb 6 oz	2 qt
Lowfat milk		3 cups		1 qt 2 cups
Cornstarch	2½ oz	½ cup	5 oz	1 cup
Lowfat milk		1 cup		2 cups
1. Prepare Angel Food Cake Mix as directed. Portion 1 qt 1½ cups (1 lb 5 oz) into each ungreased steam table pan (12" x 20" x 2½"). Bake in a 325°F conventional oven for 15 minutes or a 300°F convection oven for 15 minutes until lightly browned.				
2. When cakes are cool, spread 3 lb 4 oz (1 qt 3 cups) of cherries evenly over each				

Serving: one piece
Provides $\frac{1}{4}$ cup of fruit

Yield: 50 servings: 12 lb 7 oz
100 servings: 24 lb 14 oz

1. Prepare Angel Food Cake Mix as directed. Portion 1 qt 1½ cups (1 lb 5 oz) into each ungreased steam table pan (12" x 20" x 2½"). Bake in a 325°F conventional oven for 15 minutes or a 300°F convection oven for 15 minutes until lightly browned.
2. When cakes are cool, spread 3 lb 4 oz (1 qt 3 cups) of cherries evenly over each pan of cake.
3. Combine nondairy base and milk. Bring to a simmer over low heat.
4. Dissolve cornstarch in milk and add to hot milk mixture. Return to a simmer, stirring continuously until thickened.
5. Pour 3½ cups (2 lb) evenly over each pan of cake and cherries. Refrigerate for at least two hours.
6. Cut each cake into 25 pieces (5x5).

NOTES

